

How to Sprout Speckled Peas for Shoots, Baby Black Sunflower, Whole Buckwheat, and Wheat Grass and Barley Grass
The sprouting process for these three seeds are all the same. If you are using a tray with soil, you do not need much soil, a small amount will suffice because you are growing to a sprout stage and not a fully mature plant. Use a good potting soil, organic is best.

Soak the seeds in a jar or bowl of water overnight for about 8 to 10 hours. In the morning pour out the water and rinse with fresh water. Put the seeds on the soil. Keep the soil moist, but no puddles. These are ready to eat in about 8 to 10 days. For the sunflower, because they get leggy and spindly, put an inverted tray on top of them. This will make them stronger and not so weak.

Harvest by cutting above the soil line. Sometimes you can get a second harvest. Third harvests do not have the nutritional content as the first two.

If you are using a non-soil growing medium, the directions are similar.